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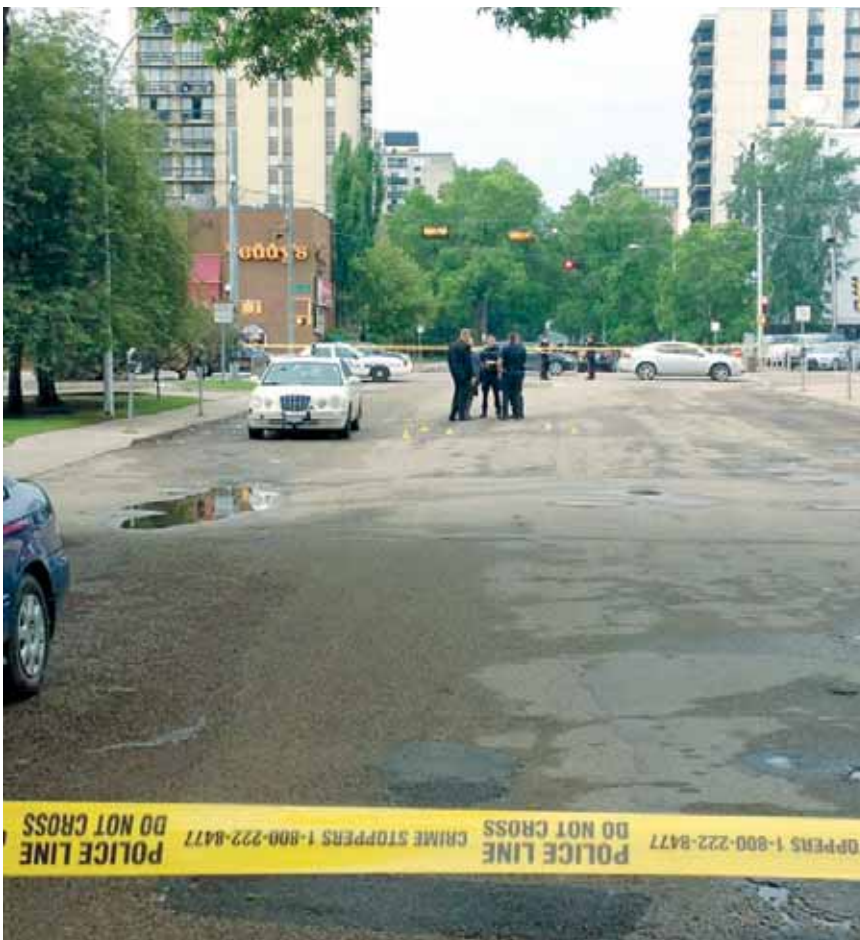
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Officers investigate the apparent stabbing death of an 18-year-old man just off Jasper Avenue at 114th Street on Monday morning. ANNALISE KLINGBEIL/METRO

EPS probing separate Jasper Avenue deaths

Deemed suspicious.
Homicide section assisting with both investigations



ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

Edmonton police were kept busy Monday as they investigated two separate suspicious deaths near Jasper Avenue.

In the first incident, an 18-year-old man was found unconscious and bleeding from apparent stab wounds on 114th Street just north of Jasper Avenue around 1 a.m.

Police said it took officers less than two minutes to arrive after receiving several calls reporting a seriously injured man lying in the road. Officers believe the attack was not ran-

dom. The victim was transported to hospital where he was pronounced dead.

The death can't officially be called a homicide until the medical examiner labels it one, said EPS spokesperson Clair Seyler. A large area remained cordoned off with police tape between Shoppers Drug Mart, Canadian Western Bank and an apartment building Monday morning as yellow evidence markers lay on the blood-stained road.

Police have released few details about Monday's second suspicious death, which happened in View Point Manor at 8328 Jasper Avenue.

Officers were called to the apartment building around 10:30 a.m., and investigators have yet to identify the gender of the victim.

If the stabbing death of the 18-year-old man is deemed a

homicide, it would be the 10th of 2013 and the second in the neighbourhood of Oliver in four days.

A man was found dead near the corner of 111th Street and 99th Avenue in Oliver on Thursday evening.

Jarrett Campbell, president of the Oliver Community League, said he doesn't believe residents should feel unsafe in their neighbourhood.

Quoted

"Anytime you have a community with this many people and this diverse of a mix, you're always going to end up with a certain level of violence."

Jarrett Campbell, president of the Oliver Community League

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freedom look like?
Turn to page 4





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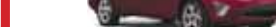
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Public forum

Minister hears more worries over disability funding

There's been more concern voiced about the Alberta government's plan to cut about \$42 million from certain programs for the developmentally disabled.

About 200 people turned out at a public forum in Calgary with Frank Oberle, associate minister of services for people with disabilities.

They criticized what they said was the province's lack of communication about cuts to community-access programs and questioned whether the government has thought through the changes.

Some parents wondered whether decision-makers understand the financial stress of living with a developmentally disabled child.

Oberle said the province will not cut services to people who need them.

Linda Wiebe told the minister the burden is being placed on parents.

"Physically, we as parents can't do it ourselves," she said at the meeting Monday. "We're already at the point where we are drained."

On Friday, 1,000 demonstrators rallied on the steps of the Alberta legislature to demand Premier Alison Redford reverse the planned reallocation of funds.

Funding for the developmentally disabled was actually increased in the March budget by \$5 million to \$691 million. But the government is restructuring how the money is allocated to focus more on clients and less on agencies that serve them.

Changes are supposed to go into effect July 1.

THE CANADIAN PRESS



St. Gabriel, which has an enrolment of 168 students, is one of four schools that would close under the board's plan. ANNALISE KLINGBEIL/METRO

Plan to close schools sparks opposition

Reaction. Catholic board endorsing strategy to shutter four facilities, move students to new school



RYAN TUMILTY

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Edmonton Catholic Schools is hoping plans to replace four older schools with a new one could be a model for the future, but parents believe it's a model for disaster.

The Catholic board put a replacement for St. Gabriel, St. Kevin, St. James and St. Bren-

Money

- The replacement school would be located in the middle of the four existing schools and cost about \$25 million.
- The four existing schools have deferred maintenance costs of more than \$22 million.

dan on its list of capital priorities last week. All four of those schools are in central southern Edmonton and are underutilized and decades old.

Lana Brenneis, school council chair at St. Gabriel, says clos-

ing the schools would send the wrong message to central communities.

"It would send a message to people in the inner suburbs that just because there is a school there, (it) does not mean it is going to remain there," she said.

All the schools have utilization rates below 50 per cent, but Brenneis says she is concerned that doesn't take into account the unique nature of older schools with wider halls and other non-instructional spaces.

Assistant Supt. Boris Radyo says the board shares those concerns, but it is bound by provincial targets. He says even if they could change the

rules, the schools would still be underutilized.

"When you apply that to all the schools across the district, the cards fall the same way, which is that those schools are still the least utilized in the district," he said.

Because the schools are older, Radyo says their maintenance costs are up to 100 per cent higher than other schools.

Brenneis says she just wants the board to consider all the options, including leasing out space to daycares and other groups, as is done at St. Gabriel.

"The board is in a tough position, but I don't think that using a clear-cut method of school closures is the answer," she said.

Nalla. She likes ice cream and long walks in the park



Nalla is one of about 20 dogs available for adoption through Pit Bulls for Life. HEATHER MCINTYRE/METRO

Micah Nickerson got to know Nalla about a week ago.

"We went for ice cream on our first date. Ever since, we've been a cute couple," he said with a laugh.

Nalla is the six-year-old pit bull Nickerson is fostering while Pit Bulls for Life aims to find her a new home.

Back in April, Nalla was dragged behind a pickup truck after jumping out of the back of the vehicle. She severely injured her paws, which needed

multiple surgeries and weeks of bandage changes, says veterinarian Dr. Milton Ness.

On Monday, Nalla, who was surrendered by her former owner, was on show at the City of Edmonton Animal Care and Control Centre. She will soon be up for adoption now that she is essentially fully recovered.

Application forms are online at pitbullsforlife.com.

But it will be at least two weeks until Nalla is available, says foster co-ordinator Allison

Noseworthy.

"(There's been) a ton of interest, and that's why we are taking things really slow to make sure we find the best home for her."

Police spokesperson Clair Seyler says there will be no criminal charges as the truck incident was deemed unintentional, but Nalla's former owner will appear in court under the Animal Protection Act on June 21.

HEATHER MCINTYRE/METRO

Babies best on backs: Study

Rest easy. Study shows no loss in motor skills, reduced SIDS cases

Whether they are crying all night or sleeping like angels, babies lying on their backs aren't losing any gross motor skills, according to a new University of Alberta study.

The study aimed to address

concerns about the two-decade-old Back to Sleep campaign, which encouraged parents to put their children on their back to lower the risk of sudden infant death syndrome (SIDS).

Johanna Darrah, a professor in the faculty of rehabilitation medicine, compared infants from 20 years ago with infants today and found little difference on when babies took their first spin. "They rolled within a

week of the same age of what they did 20 years ago," she said.

Darrah said having that data should help parents feel confident they are making the right choice.

"It shows that the Back to Sleep campaign hasn't affected gross motor development," she said.

She added the campaign has also dramatically reduced SIDS cases. "It has been very

effective. It has decreased the prevalence of SIDS by about 50 per cent."

Virginia Quist said she puts her four-month-old son Logan on his back every night, and while she wasn't worried about his motor skills, she's happy research backs her up. "It is reassuring to have a study that shows it isn't affecting anything and that our baby is healthy," she said. **RYAN TUMILTY/METRO**



Lucas Remerie-Galinski, left, and Logan Quist roll around Monday morning. A new study from the University of Alberta shows that babies who sleep on their backs don't lose any motor skills. **RYAN TUMILTY/METRO**

Eco week. Leave clippings on lawn to cut waste: City

Coun. Don Iveson mowed city hall's lawn on Monday to launch the fight against scraping grass clippings in celebration of Environment Week.

The campaign, named Go Bagless, urges residents to take the collection bag off of their lawnmowers, something nearly 60 per cent of Edmontonians already do.

"It's important to do what Edmontonians have already been doing, which is working to lead the world in waste reduction," said Iveson.

In addition to its waste-management benefits, leaving mowed grass on lawns also helps save on utilities by cutting household water use in half and reducing fertilizer use by 25 percent, said Iveson.

"It helps the soil retain moisture and it helps fertilize the soil. Yes, you may have to cut it more often, but you'll have healthier grass overall,"



Coun. Iveson mowed the lawn at city hall to advocate "grass cycling." **PATRICK NGUYEN/FOR METRO**

he said.

About 40,000 tonnes of grass are still being collected each year in Edmonton, equivalent to the weight of 3,077 city buses.

PATRICK NGUYEN/FOR METRO

Mayoral race. Candidate eyes surplus school sites

Frustration over the city's decisions on surplus school sites has driven an Edmonton man to run for mayor.

Curtis Penner, president of the Erminskin Community League, announced his candidacy Monday, with a focus on the surplus school sites the city is looking to sell.

Penner said the city's public consultations about the sites made it seem they have already made their decision and it made him want to do something about it.

"Perhaps fighting city hall is not the answer, and replacing them is," he said.

Penner said he decided to jump straight to the mayor's race because he believes all Edmontonians are concerned about their green space.

"This is not an issue that is constrained to Ward 10; this is



Curtis Penner, with his wife Theresa and two children **SYED PHOTOGRAPHY**

an issue that happens throughout the entire City of Edmonton," he said.

Penner said he won't be a one-issue candidate, but this motivated him to get involved.

He joins Coun. Kerry Diotte, who announced his candidacy last month. **RYAN TUMILTY/METRO**

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Simple idea. Technology tackles oilsands emissions with straw, wood waste

A simple concept using straw or wood waste from the forestry and agricultural sectors might help cut greenhouse gas emissions and clean up water produced by Alberta's oilsands.

Lead researcher David Layzell from the University of Calgary said studies have shown that straw and wood can be turned into a biocarbon tailored for absorbing acids found in tailings ponds.

"It's actually a very simple idea. Many of us use charcoal filters or carbon filters on our tap water to take out odours that we don't like, or bad tastes

Oil and water

Alberta's oilsands mining industry currently uses about 123 million cubic metres of water.

or even chlorine," he said.

Layzell says filtration can remove 75 to 90 per cent of organic compounds from water produced by the oilsands. That includes naphthenic acids in tailings pond water, thereby preventing the formation and release of methane greenhouse gas. **THE CANADIAN PRESS**

Deadly collision

Charges laid in fatal ATV crash

The 41-year-old female operator of one of two ATVs involved in a fatal collision early Sunday has been charged with impaired

operation of a motor vehicle causing death, among other charges, RCMP said Monday.

In a release issued Sunday, RCMP said Cecilia McDonald, of Fort McKay, was taken into custody after a minor altercation with officers to get her off of the ATV she was driving. **METRO**

Century-old High Level Bridge still standing tall

Historic commute.

Completed in 1913, the bridge was the first to facilitate four types of travel with railway, streetcar, automobile and pedestrian access

PATRICK NGUYEN

edmonton@metronews.ca

The High Level Bridge's age may be shocking to some of Edmonton's residents, but no one is surprised that the bridge's future is as bright as ever.

"I had no idea that the bridge was 100 years old," said Edmonton resident Casey Hart, who runs over the bridge almost every day. "It's still in such excellent shape."

Completed in 1913, the bridge was the first to facilitate four types of travel with railway, streetcar, automobile and



The City of Edmonton's historian laureate Shirley Lowe stands in front of the 100-year-old High Level Bridge. Plans are currently in place to install thousands of LED lights onto the bridge, with more than \$475,000 of the \$3 million required already donated. PATRICK NGUYEN/FOR METRO

pedestrian access. Its construction signified huge progress for the community, says the city's historian laureate Shirley Lowe.

"It changed things dramatically," said Lowe. "It was probably the biggest infrastructure event of that decade."

Plans are currently in place to install thousands of LED lights onto the bridge, with more than \$475,000 of the \$3 million required already donated.

"Celebrating the bridge by lighting it up in a beautiful, stately and majestic way

is a great way to say Happy Birthday," said Tammy Pidner, project manager of Light the Bridge.

Hart says he's excited for the lights to finally go up.

"It's going to make our great city look even more great."



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Over 100 die in blazing slaughterhouse

China. Frantic workers trapped inside plant with only one way out

Fire swept through a poultry-processing plant in northeastern China on Monday, trapping workers inside a slaughterhouse with only a single open exit and killing at least 119 people in one of China's worst

industrial disasters in years.

Survivors described panic as workers, mostly women, struggled through smoke and flames to reach doors that turned out to be locked or blocked.

The accident highlights the human cost of China's lax industrial-safety standards, which continue to claim workers despite recent improvements.

Dozens were also injured in the blaze in Jilin province's

Panic and grief

"I could only crawl desperately forward.... I worked alongside an old lady and a young girl, but I don't know if they survived or not."

39-year-old worker Guo Yan, as quoted by the official Xinhua News Agency

Mishazi township, which appeared to have been sparked by three early morning explosions, according to the official

Xinhua News Agency. The provincial fire department attributed the blasts to an ammonia leak. **THE ASSOCIATED PRESS**



Medical staff wait near a poultry-processing plant that was engulfed by fire. **THE ASSOCIATED PRESS**

Turkey. White House calls on police and protesters to refrain from violence

The Obama administration voiced concern Monday over Turkey's crackdown on protesters and urged all sides to keep from violence.

Spokesman Jay Carney said all democracies have to work through issues but expects the U.S. ally to do so while respecting its citizens' rights.

Police in Turkey have used tear gas for a fourth day to disperse demonstrations that have spiralled into the country's biggest anti-government

disturbances in years.

Secretary of State John Kerry, who has travelled to Turkey three times since becoming America's top diplomat, said the U.S. is following the situation closely and is troubled by reports of injuries and excessive force by police.

Earlier, Turkey's president defended the right of citizens to protest, in contrast to the dismissive stance of the prime minister.

THE ASSOCIATED PRESS



Turkey's Prime Minister Recep Tayyip Erdogan on Monday again dismissed street protests as a passing move by extremists. **THE ASSOCIATED PRESS**

Cambodia

Violence persists at Nike factory

Cambodian police clashed Monday with factory workers that make clothing for Nike, arresting seven, in the latest strike violence, said union and rights figures.

The protest at the Sabrina (Cambodia) Garment Manufacturing plant began May 21 when workers demanded their salaries be raised to \$88 per month from \$74.

The strike has seen violence before. Police allegedly used force when workers blocked a main road on May 27, reportedly causing two workers to miscarry. **THE ASSOCIATED PRESS**

Cyberattacks

Canada tells China to restrain hackers

Defence Minister Peter MacKay said he laid down clear "markers" Monday on how to curb cyberattacks originating in China.

MacKay told his counterpart in Beijing that Canada expects China to play by a "rules-based framework."

He said he was hopeful that there could be a "correction" in the cyber-security threat if China is continually pressed by a variety of sources.

MacKay was non-committal when asked whether he believes the government is participating in the hacking. **THE CANADIAN PRESS**

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Ottawa to fund anti-bullying program

'Important and timely.' Feds, Red Cross partner for initiative aimed at protecting youth after recent teen suicides

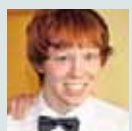


JOE LOFARO
Metro in Ottawa

The federal government announced funding for a program aimed at eliminating bullying among youth, after recent teen suicides have sent educators and parents looking for ways to protect young people.

Heritage Minister James Moore announced support for a Canadian Red Cross anti-bullying

A life cut short



Jamie Hubley had been a figure skater, and the only openly gay student at A.Y. Jackson High School in Kanata, Ont., a suburb of Ottawa.

ing initiative called "Stand Up to Bullying and Discrimination in Canadian Communities." Moore made the announcement with Laureen Harper and Ottawa councillor Allan Hubley at A.Y. Jackson High School in Kanata, a suburb of Ottawa. Hubley's 15-year-old son Jamie attended the school before he

took his own life in 2011 after being bullied for being openly gay.

Moore said the government is partnering with the Red Cross, which will train 2,400 youth between the ages of 13 and 17 who will deliver in-class workshops to other youth across Canada.

Hubley called the project "important and timely" in light of the recent suicides of Amanda Todd and Rehtaeh Parsons.

"Canadians such as my family have paid too high a price and want meaningful progress before other families must carry the burden of losing someone special like my boy, Jamie, who only wanted safer communities for everyone," said Hubley.

VIA Rail plot

Suspect can't find lawyer who'll use Qur'anic defence

A terror suspect charged in an alleged plot to attack a VIA Rail passenger train is having difficulty finding a lawyer who will try convincing a court to judge him against the Qur'an.

Chiheb Esseghaier appeared in a Toronto court via video link on Monday to discuss his attempts to find legal aid representation — a process that has so far been unsuccessful due to the specific and unusual demands he has made.

"I want that the lawyer help me to change the reference of my case from the laws used by humans to the laws of the holy book," he told the court. "I cannot take a lawyer who is not able to fulfil my need."

When asked by the presiding justice of peace if he fully understood the proceedings, Esseghaier, who was wearing an orange jumpsuit and sported a full beard, said he did.

THE CANADIAN PRESS

Report. Sleeping conditions still causing infant deaths

The rate of infant deaths associated with unsafe sleep environments hasn't changed despite increased awareness, according to a report released Monday.

Of the 131 infant deaths studied by Ontario's Office of the Chief Coroner last year, 37 per cent were found in unsafe environments, according to the report of the Paediatric Death Review Committee and Deaths Under Five Committee.

The children died with no

findings on autopsy, but were in an unsafe sleep environment, said Dr. Dirk Huyer, the committees' chairman.

"What we don't know is whether that directly caused the death, or whether it's specifically associated with it," he said. "But we do know ... epidemiologically and through study that children have a greater risk of dying in unsafe sleeping environments."

THE CANADIAN PRESS

Soccer turban ban. Sikhs 'can play in their backyard'

The Quebec Soccer Federation says if Sikh kids want to play soccer while wearing a turban, they can play in their own yard.

Brigitte Frot, the director general of the federation, was asked Monday what she would tell a boy in a turban who shows up to play soccer.

"They can play in their backyard, but not with official referees, not in the official rules of soccer," Frot replied.

Quebec referees began

cracking down on the religious headgear in the last year. The weekend decision to uphold the ban was upheld despite a directive from the Canadian Soccer Association in April calling for provincial associations to allow them.

Quebec is the only province that has balked at allowing turbans on the pitch. An estimated 100 to 200 children are left unable to play as a result.

THE CANADIAN PRESS

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Teen shot outside tent mistaken for bear

Manitoba. Four friends were sleeping at campsite on first night in the wilderness

A teenager who was mistaken for a bear outside a tent has been shot and killed in a remote area of northeastern Manitoba by a fellow camper.

RCMP Sgt. Line Karpish said four friends were camping at Namay Falls on Sunday, when one of them was woken up at 4 a.m. by a noise. He thought it was a bear and that it was close to the tent.

The 22-year-old fired a shot, only to discover he had hit one of his camping buddies.

Someone called 911, and officers arrived by helicopter

Quoted

"It is certainly a very sad reminder of the great responsibility that comes with handling firearms."

RCMP Sgt. Line Karpish

to find the group "very distraught," Karpish said.

"It is certainly a very sad reminder of the great responsibility that comes with hand-

ling firearms."

The four friends had been dropped into their campsite by helicopter and were just beginning a canoe trip down

the Bloodvein River, Karpish said. The tragic shooting occurred during their first night in the wilderness.

Sadly, Karpish said it's not that unusual for people to be mistaken for wildlife and get shot accidentally.

"These people were out in the middle of nowhere and there are bears out there and cougars. There may be other types of wildlife that may

pose a threat," she said. "In this case, the young man believed it was a bear and fired the gun."

The victim is a 17-year-old from Steinbach, Man., Karpish said. Police will not be releasing his name.

An autopsy is scheduled in Winnipeg. RCMP are continuing to investigate, but Karpish said no charges have been laid. **THE CANADIAN PRESS**



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Jailbreak cellphones

Cat caught while on clandestine mission in Russia

This may be the first time inmates at a Russian prison have used a cat as an accomplice.

Guards patrolling a prison colony in Russia's north saw a cat on the fence that seemed to be carrying something. After a closer look, they found a few cellphones and chargers taped to its belly.

The prison service said Monday this happened on Friday at the Penal Colony No. 1 near the city of Syktyvkar, 1,000 kilometres northeast of Moscow.

THE ASSOCIATED PRESS

Worm has turned

Climate change brings spring early, but no birds

New research suggests that climate change is starting to keep early birds from getting the worms. York University scientist Kevin Fraser says that while last year's spring arrived earlier than ever, migratory birds such as purple martins didn't.

That means the birds weren't around when food — such as newly hatched insects — was most available.

Fraser says that's likely to damage the birds' ability to breed.

THE CANADIAN PRESS



Conjoined twins back home

A doctor treats conjoined Palestinian twins at a hospital in the West Bank city of Hebron on Monday. The sisters, who share a heart and other vital organs, returned home to the West Bank after Israeli doctors determined they could not successfully separate them. "Now it is up to the hands of God to keep them alive," said their mother.

NASSER SHIYUOKHI/THE ASSOCIATED PRESS

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Michael Adebolajo raises his injured arm while kissing the Qur'an at Westminster Magistrates Court in London on Monday. SKETCH BY ELIZABETH COOK/THE ASSOCIATED PRESS

U.K. slaying suspect kisses Qur'an in court

Michael Adebolajo.

Also blows kiss to man in public gallery, both men then point to sky

One of two main suspects in the killing of British soldier Lee Rigby in London made his first appearance in court Monday, kissing a copy of the Qur'an and raising his injured arm in the air.

Michael Adebolajo, 28, who was shot by police before he was arrested on the scene of the May 22 killing, appeared in court with his left arm heavily bandaged.

Adebolajo — who asked to be known in court as Mujahid Abu Hamza — faces charges of murder, attempted murder of two police officers and firearms possession.

His suspected accomplice, Michael Adebowale, 22, made

Task force

British Prime Minister David Cameron told lawmakers that Parliament's intelligence and security committee would report by the end of the year on whether more could have been done to prevent the killing.

- A task force to address radicalization will look into whether rules for charities are too lax and allow extremists to prosper, the issue of extremist groups at universities and help for mosques that want to expel extremists.

a separate appearance at another London court via video-link later Monday. Adebowale is also accused of killing Rigby. **THE ASSOCIATED PRESS**

WikiLeaks. Prosecutor says info got to Bin Laden

U.S. army Pfc. Bradley Manning faced life in prison as his trial began Monday, three years after he was charged with providing reams of highly-sensitive material to anti-secrecy website WikiLeaks.

The 25-year-old former intelligence analyst has admitted to giving information

to WikiLeaks, but military prosecutors want to prove he aided the enemy, which carries a potential life sentence. They said they will present evidence that former al-Qaida leader Osama bin Laden asked for and received information WikiLeaks published.

Defence attorney David Coombs said Manning was "young, naive, but good-intentioned." Coombs said Manning selectively leaked material he believed could make the world a better place. **THE ASSOCIATED PRESS**



Bradley Manning

Spain

Police find bones in martial-arts gym

Spanish police are trying to determine whether bones found in garbage bags in the gym of a martial-arts instructor belong to multiple crime victims.

Police in the northern city of Bilbao discovered the bones Monday after they said witnesses saw Juan Carlos Aguilar, 47, drag a

woman inside the gym by the hair. Officers found her inside, brutally beaten.

Forensic testing is under way to determine how many people the bones belonged to and how they died. Searches were also happening at Aguilar's home and in a nearby river.

The woman who was beaten and tied up in the gym was in a coma at a Bilbao hospital Monday.

THE ASSOCIATED PRESS

New Jersey murder

YouTube celebrity pleads not guilty

A Canadian man who gained YouTube fame as Kai the Hatchet-Wielding Hitchhiker pleaded not guilty Monday through a lawyer to a murder charge.

Caleb McGillivray, 24, is accused of killing 73-year-old lawyer Joseph Galfy, whose body was found May 13 in his New Jersey home.

McGillivray became a minor celebrity in February after intervening in an attack on a utility worker in Fresno, Calif., describing on TV how he used a hatchet to fend off the attacker. He also appeared on Jimmy Kimmel Live.

McGillivray was born and raised in Edmonton, his father, Gil McGillivray, from Hawkesbury, Ont., said last month.

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CRTC cracks the dreaded 3-year cellphone contract

Wireless code. Telecom regulator's new national standards let customers cancel agreements after 2 years without penalties

Cellphone customers will be able to walk away from their contracts after two years without any early-cancellation penalties under a set of new rules unveiled Monday by the CRTC.

But the Canadian Radio-television and Telecommunications Commission didn't go as far as an outright ban on the controversial three-year contracts that are so widely hated by many Canadians.

Instead, customers will only have to pay the remaining value of the device subsidy if they opt out of their contracts after two years. That means if a customer bought a \$600 phone for \$99 on a three-year plan, they only have to pay the remaining balance on the device itself to get



In the lead-up to public hearings held this year on the new wireless code, the CRTC said it heard a lot of angry comments about three-year contracts. GETTY IMAGES FILE

Quoted

"The wireless code has rules to help wireless customers where it counts — the bottom line. It also makes it easier to switch companies because those costs are limited and are clear." John Lawford of the Public Interest Advocacy Centre

out of the contract early.

"We didn't focus on the length of the contract, we focused on the economic re-

laxation," CRTC chairman Jean-

Pierre Blais said in an interview.

"So, in effect, it's equivalent to those asking for a ban of a

three-year contract without us actually banning three-year contracts, because what we're saying is the contract's amortization period can only be for a maximum period of 24 months."

In the lead-up to public hearings held earlier this year, the CRTC said it heard a lot of angry comments about three-year contracts. "What we were concerned about was ensuring that there was a dynamic marketplace; that is, that people didn't feel entrapped in their contracts when they want to maybe use the offer of a new entrant or a competitor across the street," Blais said.

The code, which all service providers in Canada will have to abide by, will apply to new wireless contracts beginning Dec. 2. As part of the new code, the CRTC is also capping extra data charges at \$50 per month and international data roaming charges at \$100 per month to avoid huge, surprise bills.

THE CANADIAN PRESS



Glazed and confused

Is it a dessert? Is it a brunch food? Is it really such a good idea? Dunkin' Donuts is adding this doughnut breakfast sandwich — that is, fried eggs and bacon between a split glazed doughnut — to its U.S. menu this week. The sandwich clocks in at 360 calories, which is less than the 390-calorie turkey sausage sandwich the chain recently introduced for people looking to eat better.

JAMES SCHERER/DUNKIN' BRANDS INC./THE ASSOCIATED PRESS

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metro

Retail. Walmart aims to perk up the produce aisle

Walmart has announced steps to improve the quality of its fresh fruits and vegetables.

The retailer said Monday it is making more changes in its operations, training and sourcing as it looks to increase sales of bananas, lettuce and other produce and instill more confidence among shoppers looking for healthier choices.

Changes include delivering produce from farms to store shelves more quickly by purchasing fruits and vegetables directly from local growers. It's also conducting independent weekly checks of the produce aisles at 3,400 U.S. stores, and has launched a produce training program to teach employees how to better handle fruits and vegetables.

The moves come as fresh



An employee stocks the produce section of a Walmart store in Pico Rivera, Calif. KEVORK DJANSEZIAN/GETTY IMAGES

fruits and vegetables have become the latest battleground in the supermarket wars, fuelled by shoppers' demands for healthier eating and the need for stores to differentiate themselves from rivals. Analysts say that Walmart's produce often looks tired and well below the quality of rivals like Trader Joe's, Whole Foods, Costco and Kroger. THE ASSOCIATED PRESS

Market Minute



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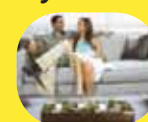
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PUTTING THE 'PRO' IN PROM

It's prom season.

I haven't set foot in a high school in almost a decade and yet I can't help but notice the increasing buzz of excitement in the air as teenagers across the country anticipate their iconic end-of-year dance.

Prom is an important rite of passage for young adults and a climactic moment in everybody's high school career — at least according to every single teen movie ever made.

When it comes to coming-of-age stories, corsages tend to get much more screen time than diplomas.

For high school seniors, prom night is essentially a smaller, less expensive version of a wedding reception.

There's the big dress, the cheesy DJ, the posed photos and the overwhelming expectations that are bound to leave you disappointed. These semi-formals have become so much like weddings that it's not even enough to just go to prom any-



SHE SAYS
Jessica Napier
metronews.ca

more. You have to be "promposed" to.

While it might have been good enough in the past to simply corner your crush by their locker after class and ask them to the dance, today's teens are planning elaborate romantic gestures in order to secure a date to prom.

A quick YouTube search shows about 150,000 videos claiming to be the "Greatest Promposal EVER."

From subtle messages scrawled on coffee cups to over-the-top flash mobs set to Justin Bieber's greatest hits, adolescent boys and girls are pulling out all the stops to pop the question to their would-be prom date. Stunts might range from obnoxiously outrageous to sweetly sentimental but they do have one

thing in common — every moment is documented thoroughly on social media.

This is the Tumblr generation after all; did it even really happen if no one was there to Instagram it?

Of course, it's only worth the effort and embarrassment if you're guaranteed to get the yes, which is why most promposals are between high school sweethearts who are coupled up already.

With teenagers' penchant for drama and insatiable appetite for attention, it's hardly surprising that a simple question has evolved into its own engagement-like ritual. But isn't it all maybe a bit too much?

The pressure to find a prom date is bad enough; these new expectations involving intensely passionate (and public) campaigns are an additional level of stress that senior students don't really need — especially around exam time.

Personally, I'm thankful that none of these shenanigans existed in my high school days.

I'm sure I would have spent weeks scrolling through #PROMPOSAL content alone in my bedroom and feeling disappointed that no one wanted to fill the school cafeteria with helium balloons for me.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Nice to moss, er, I mean, meet you



PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Spanish man has found the ground

They look like do-it-yourself Halloween costumes but these moss-made outfits are in fact a part of a Spanish tradition dating back to the 12th century. The Procession of the Hombres de Musgo in the

town of Bejar originates from a time when Christians conquered the town from Muslim guards by camouflaging themselves in moss.

Legend has it that a group of Christian men used moss, which grows in abundance there thanks to the region's

moist climate, as material for outfits to frighten Muslim guards.

At night, the moss-covered men slipped through the town gates and startled the guards, who thought the men were monsters. Fearing for their lives, the Muslim rulers fled the town forever. **METRO**

More spores

20 kg

20 kilograms is how much a moss costume weighs. However, rain would make this moisture-absorbing garment considerably heavier. Only six local townspeople are called upon every year to be one of the Moss Men.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Vine users meet Vine-Tune: Where Crowdsourcing meets Auto-Tune meets Twitter meets Vine meets a new way to procrastinate. If creating and sharing your six-second videos with your Vine pals isn't enough, you can now up your digital cred by having your gif-like videos be a part of indie bands' music videos.

Each month, the folks at VineTune (designers from London, U.K.'s Beattie McGuinness Bungay ad agency) chose a relatively unknown song and create a music video using Vine vids.

As the song plays and the lyrics scroll across the top of the screen, the six-

second videos with the same hashtag play. Sounds confusing? See for yourself (and add your own) at vinetune.com.

Don't have Vine yet? Google Play released it this week, while 13 million iPhone users have been Vine-ing for the past five months.



Twitter

@metropicks asked: @pnharper was criticized for tweeting a partisan pitch asking followers to sign up for the Conservative party's newsletters. What do you want him to tweet about?

@FrenchmanCanada: He should #LT an episode of his favorite show. I'd love for it to be Duck Dynasty or The Bachelorette.

@J8780: What Nigel Wright told him as to why he felt he needed to write Mike Duffy a \$90,000 cheque.

@KRam41: re Harper tweets: It's a fine line I guess.. He tweets abt animals & gets flack, tweets abt party and same result.

@MikeGormanHFX: What sort of masonry cement does he use for his hair?

@hserapsayv: No tweets of Harper interest me (yawn) .. The minister of Canada should tweet on national issues not partisan issues

that said is Harper really working for Canada or just the conservatives am his own agenda?

@SELLiott : I'd like @pnharper to tweet about parenting while being PM. Show us he's human.

@awanderingsky: The #pmo should handle the meaningless info tweets. @pnharper is missing out by not directly engaging the people.

@LondonComp: Let him tweet whatever he wants, if you don't like it don't follow him. All the other politicians tweet about their party.

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Finding the meaning of life on death row

The Killing. Peter Sarsgaard's role as a sinister inmate who killed his wife has him thinking about the morality and ethics of the death penalty

MATTHEW PRIGGE

Metro World News in New York

The third season of AMC's crime procedural *The Killing*, which premiered Sunday, has a new storyline and some new cast members. Among the neophytes is Peter Sarsgaard, a talented actor who's been among the best things in *Boys Don't Cry*, *Garden State*, *Shattered Glass* and *An Education*. In his first season-long television stint — which he was still shooting when we talked — Sarsgaard plays Ray Seward, a sinister death row inmate who killed his wife.

What are the challenges of playing a death row inmate?

So much of my story takes place in the same spot. In a lot of movies, there's the car chase, the scene at breakfast, the sex scene. This is about always going to the same cell. You have to find ways of doing a different dance on the same dance floor.

Were those challenges what drew you to *The Killing*?

Those, and also because the issues interested me. I'm very much against the death penalty. It's very easy to do a piece about someone who's been railroaded by the system who's innocent. If you don't believe in the death penalty, you have to take an extreme circumstance — someone who's indefensible — to see if it still applies. Otherwise, the death penalty applies in some cases.

What made you want to work on TV?

Just this show. I always really liked this show. I thought this material was better than some of the film stuff I was being offered. It seemed



Peter Sarsgaard has a handful of great films under his belt and now he's trying his hand at TV. HANDOUT

there was more of a role there.

There's much less of a fear these days for serious actors to do TV.

So many of my favourite actors are on television. So, if you want to act with them you have to be on

television.

How is TV acting different from stage or film acting?

It's really fast. And because you don't know the show as well as the show runners or the writers, you're more at their mercy. On a film you'll know the whole

story, and you'll go up to the director and say, "Oh, this doesn't seem right to me, this entire scene." And we'll work on it or they'll tell me to shut the f— up. There's more interaction about content. But on TV, with a series like this, you just have to trust them.

DVD reviews



A Good Day to Die Hard

Director. John Moore

Stars. Bruce Willis, Jai Courtney

The *Die Hard* series sells the lone wolf concept — Willis vs. global terrorists — yet deep down, it's really about family reunification. Good thing, too, because the violence gets old fast. The thump-thump-thump of the heart may be hard to discern behind the rat-tat-tat of machine gun fire, but the love has always been there. *Die Hards* 1-3 sought to return cowboy cop John McClane (Bruce Willis) to the shaky embrace of his wife (Bonnie Bedelia); the fourth film, *Live Free or Die Hard*, had McClane rescuing his adult daughter (Mary Elizabeth Winstead). Now comes chapter five, *A Good Day to Die Hard*. It moves the divorced and retired McClane to Moscow while reuniting him with his son Jack (Jai Courtney of TV's *Spartacus: Blood and Sand*). Willis and Courtney make a strong match, believable both as fractious family members and also as sarcastic adversaries forced by circumstances to work together. The family that yippee-ki-yays together, stays together.

Escape to Planet Earth

Director. Cal Brunker

Stars. Brendan Fraser, Rob Corddry

This animated sci-fi chuckler about aliens trapped on Planet Earth somehow manages to elude tedium, despite being a revisionist rip of rival 'toons. It's got a lead character (Brendan Fraser) much like Buzz Lightyear from *Toy Story*, who gets into all kinds of intergalactic mischief with beasties and humanoids resembling the inhabitants of *Monsters vs. Aliens*, *Monsters, Inc.*, *The Hitchhiker's Guide to the Galaxy* and many other similar entertainments. The central premise isn't terribly new, either, with everyone from E.T. to TV's *Alf* and *Mork & Mindy* having already gone down this interstellar path.

PETER HOWELL



Will Arnett ALL PHOTOS GETTY IMAGES

Will to live, happily: Arnett pumping some iron post-divorce

Arrested Development star Will Arnett found a very healthy and productive way to deal with his split from ex-wife Amy Poehler: hitting the gym. "If going to the gym obsessively for eight, nine months was my way of dealing, then let that be my worst problem," Arnett tells Details magazine. "Life is challenging, and I'd say that there's no guidebook — but there's about a million

guidebooks out there. All people have been doing since the dawn of time is trying to figure out how to live this life and be happy. I'm no different." As looking for romance post-divorce, Arnett says he's not quite ready. "I'm not officially dating," he says. "I don't know what you do. Do you put out an announcement in the trades? 'I'm dating!' It all seems very scary to me, to be honest."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jesse James' teen daughter heads to rehab



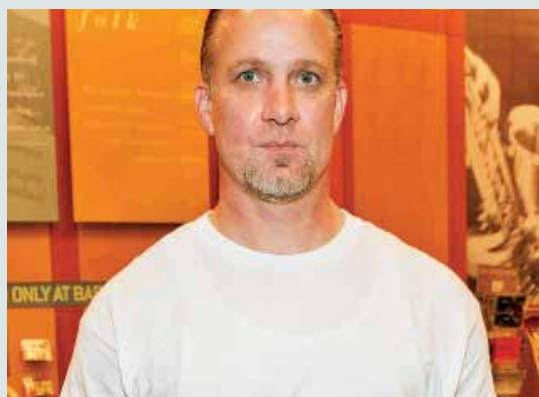
THE WORD
Dorothy Robinson
scene@metronews.ca

Jesse James' daughter, Chandler James, 18, checked into rehab in April to battle her addiction to crystal meth, RadarOnline.com revealed yesterday. The site published troubling photos and video of Chandler, 18, inhaling crystal meth off of aluminum foil.

"It is an open secret here in Austin that Chandler and her friends party hard and get wired," said the "friend" who sold the video to Radar. "It was getting pretty out of hand. If she didn't get help, who knows what could have happened." Chandler also apparently has a problem with "huffing."

James confirmed the news to Radar: "My daughter spent the month of April in a treatment facility getting help for addiction," James told RadarOnline.com, via email.

"She is out now and in recovery, actively participating in a 12-step AA (Alcoholics Anonymous) program."



Lindsay Lohan

Hard to counsel a family without the folks

Lindsay Lohan was hoping to get some family counselling in while under treatment at the Betty Ford Center, but it looks like that plan is off since neither her mother, Dina, or her father, Michael, could make it to the planned session over the weekend, according to Radar Online. "I didn't want a confrontation

with Dina while Lindsay is in rehab," Michael tells the site. "I've decided to go home and see my baby." Lindsay, meanwhile, is not taking too well to her time at Betty Ford, even with one of her three months of treatment under her belt. "She hates being at Betty Ford," a source says.

Twitter



@mindykaling

The Tesla is cool but I've always thought of it as kinda for dudes and also I can't afford it. I love the maybach but I need an entourage.



@ChloeGMoretz

Waking up before dawn, oh summer sunlight, it's light till 11 then light at 4



@JuddApatow

People think it is wrong to make goofy tweets when there is something awful in the news. There is always something awful in the news.

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Rules for a summer-flat stomach

Don't be the party pooper that refuses to take their top off all summer. Experts tell us how to get a flat stomach and fast

ROMINA MCGUINNESS
life@metronews.ca



Don't sip your cocktail using a straw

Bet that poolside cocktail was really refreshing and delicious. And that long straw meant you didn't even have to lift your head from the sun lounge in order to take a sip. "Big mistake!" says gastroenterologist Dr. Roshini Raj. "Drinking out of a straw causes you to swallow more air, which can lead to gas and bloating."

De-clog your digestive track

Eating too many nuts and bananas can cause constipation, says Raj. "Nuts are good for you in many ways (they're a rich source of plant protein and omega-3 fatty acids) but the gelatinous form that they take when digested means they tend to stick together and get stuck ... Bananas, especially when unripe, are full of starch, which has been shown to slow down digestion. If you suffer from constipation, stick to eating one a week," she adds.



Work your deep abdominals

"Do 30 minutes worth of cardio exercises, five days a week. This can be anything from jogging and spinning, to treadmill exercises," recommends Michele Olson, exercise physiologist at Auburn University in Montgomery. "You also want to be doing push-ups and planks because your abs fire strongly during these moves in order to stabilize your back. Do two reps of 10 push-ups followed by 10 side planks to each side."

Stay away foods that cause flatulence

Some foods produce more gas than others, making you feel full and bloated.

"Complex carbohydrates, found in some vegetables, including broccoli and cauliflower can cause gas. These foods contain sugars that are passed undigested into the colon where they are broken down by bacteria producing gas as a by-product. ... And if you're in the habit of stirring some Sweet'N Low into your morning coffee, beware. Artificial sweeteners can cause gas to get trapped in your belly," Michele Olson, exercise physiologist at Auburn University in Montgomery, said.

Never, ever skip meals

If you think that skipping meals, taking laxatives or stopping eating altogether is going to do the trick, then think again.

"All this will do is cause you to lose water and electrolytes, leading to dehydration. This then prompts your body to retain water, meaning you'll just pack back on whatever water weight you lost," says Raj.



Douglas draws attention to HPV risks

Health. The actor said that HPV, transmitted via cunnilingus, could cause throat cancer, which he was diagnosed with in 2010

ROMINA MCGUINNESS
Metro World News

Metro spoke to Dr. Julie Sharp, senior science communications manager at Cancer Research UK, about the link between oral sex and cancer.

What exactly is HPV?

"It's a virus that's normally transferred through actual physical contact (skin-to-skin or sex). Although it is, in most cases symptomless, it can cause things such as genital warts. HPV is very common. Eight out of 10 people will be infected with it at some point in their life even though in most cases, they won't know anything about it."

How can HPV cause cancer?

"There are hundreds of different types of HPV and around a dozen of them can increase



In an interview with the Guardian newspaper, Michael Douglas said that oral sex can cause throat cancer. GETTY IMAGES

the risk of cancer. They're more associated with cervical and genital cancer but can be linked to certain types of mouth and throat cancer, through things such as oral sex. HPV infections most commonly occur to the fingers, hands, mouth and genitals and can cause DNA damage in the cells. If it's going to cause cancer it can be that you are exposed to a high risk form of HPV just once, but obviously, the more sexual partners you have, the more you're exposed to different types of HPV, increasing your risk of contracting one of the forms

linked to cancer."

Michael Douglas has been married to actress Catherine Zeta Jones for 12 years. Is it possible that he caught the HPV before their relationship began — some 15 to 20 years ago?

"Yes. And that's why these cancers are often diagnosed in older people, who might not even have been sexually active recently. So yes, it might have been a previous infection. Cancer doesn't just develop overnight. You might have had an infection that led to a cell change and then over the

Reducing risk

So should people stop having oral sex if they want to reduce their risk of getting cancer?

- Quote.** "With oral cancer, the main risk factors are still alcohol and smoking. There are hundreds of different HPV infections and only occasionally will someone be exposed to one that's going to increase their risk of cancer. These cancers

are very treatable and anything in the mouth and the throat, it's easier to spot the symptoms. The main thing is for people to be aware and to get checked out if they've got things like ulcers, sores or white patches that don't go away, difficulty with speech or swallowing and any kind of discomfort. Even dentists are trained to look for any unusual patches in the mouth."

years, those changes turned into cancer."

Would Catherine Zeta Jones have been at risk of getting the HPV from her husband?

"I assume she would have been exposed to the virus at some point. It would depend on when he had it. The infection might have passed on by the time they got together, but the damage would have been done in terms of the cancer risk."

Douglas also claims that although cunnilingus was the reason he got cancer in the

first place, it's one of the best cures. Is this true?

"I don't know what he's alluding to there. That doesn't have any basis in science or research. I'm also not sure how he's so certain that his cancer is linked to HPV. You can test for HPV, but I don't know if you can see if someone had an infection in the past. It's more likely that it was a combination of things. More than three quarters of oral cancers in men and more than half in women are caused by smoking. Alcohol also plays a big part. So they're all risk factors."

Anti-cancer turmeric trumps bread crumbs in pan-fried fish

This recipe replaces traditional bread crumbs with turmeric as a coating for pan-fried fish.

1. Beat egg in a shallow bowl with 1 tbsp of water.
2. Mix turmeric, whole-wheat flour, sea salt and white pepper in a separate bowl.
3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.
4. Warm a large skillet over

Ingredients

- 1 egg
- 1 tbsp water
- 2 tbsp turmeric (or curry powder)
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white pepper
- 1 lb catfish fillets
- 1 tbsp butter
- 1 tbsp grapeseed oil



This recipe serves four. SUBMITTED

medium-high heat and add butter and oil. Quickly add the coated fish.

5. Cook for 2-3 minutes and turn once to cook through for 2-3 more minutes.

6. Set fish onto paper towel to absorb any excess fat. **THERESA ALBERT/MYFRIENDINFOOD.COM**

Health Solutions

Not a spice to sneeze at



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It isn't a new spice by any means, but it could help you prevent cancer.

Turmeric is one of the most widely studied foods for its potential anti-cancer properties.

It has been shown to be anti-inflammatory and cell protective for all kinds of cancers from bowel to prostate.

It is a root that is dried and ground into a powder, which creates that yellow colour in curries.

Ways to work it in:

- Buy it in Asian or Indian markets

whole and grate it yourself for a fresher, more potent punch.

- Sprinkle some pure turmeric on a kitchen cut to stop the bleeding in its tracks.

- Add it to any tomato-based sauce, you won't taste or see it but it will boost the potency.

- Add to spice cakes or cookies.

- Stir into dips.

- Consume curries more often.

- Mix with water and use as a scrub on sensitive skin.

- Take as a supplement.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Sopranos actor Steve Schirripa penned Big Daddy Rules, cover right. GETTY PHOTO

Tough-guy actor on his tough-love parenting book

Q&A. Sopranos regular Steve Schirripa talks being a strict, loving, daddy, but one who's wary of his 'cunning' teenage daughters

ALEXANDRA CAVALLO

Metro World News in New York City

On *The Sopranos*, Steve Schirripa played a hotheaded, loud-mouthed guy. As a father, he's pretty much that same guy. He wrote *Big Daddy Rules* as a love letter to his two daughters.

"I guess I don't always tell them how I feel," he says. "I yell a lot. I'm pretty strict, and also I've got a lot of opinions, and I wanted to put them all together in a book."

What are the rules?

The first rule is, I make the

rules. I'm your father, not your friend. But I'm the best friend you're ever going to have because nobody is going to care about you the way I care about you. The four greatest words in the world are "because I said so." That's why you can't go to the party where they're serving beer. Parents don't want to tell their kids "no" anymore.

What's the hardest part about raising girls?

A boy, you give them a ball, you give them a Lego, they're fascinated. Girls are smart, they're cunning, they're calculating. They bat their eyelashes, they manipulate you.

Did you care whether you had a boy or a girl?

It didn't matter to me, as long as they were healthy. It was scary though, when my wife got pregnant. I was not prepared. I was a guy that went out a lot. I

worked nights; I was living in Las Vegas. I thought my world would come to a stop.

What's an uncomfortable situation, as a dad?

My daughter dated a boy when she was 16, and I think I made a mistake there. I don't think she was emotionally ready. I was reluctant. I would not make that mistake again.

Do you really think you could have stopped her?

I hear what you're saying. I can't control everything they do, and I don't try to, but I want to be present whether I'm there or not. I want them to think, "What would my dad think about this decision I'm about to make?"

Were you strict with letting them watch TV?

I am still! I hate that reality crap. I saw them one day watching *The Jersey Shore*



and I said I never want to see that again, ever. It's complete garbage. You think this is for real?

What's your best advice for a new dad?

I think the best thing is to be present. Get in there; get your hands dirty. Be involved. You know, in every movie, every TV show, the dad's an idiot. Don't be an idiot. Take charge, change a diaper, help.

Are you getting good investment advice?



YOUR MONEY
Alison Griffiths
money@metronews.ca

I'm mad as hell and ready to kick someone. Actually, I am ready to kick the advisor of a reader named Martin.

Martin is 59, on a fixed income and has little knowledge about investments. Nonetheless, he ended up with a \$150,000 investment loan, which the advisor then used to purchase seven seg mutual funds from two different insurance companies.

Seg funds are like mutual funds with capital guarantees of anywhere from 60 to 100 per cent, with 75 per cent being fairly standard. You must hold them for 10 long years before the guarantee can be activated.

Bear in mind that the guarantee does not cover any growth in the investments, only the money initially invested.

Interestingly, there's no 10-year period since 1950 when the Canadian markets have been negative. Even after the financial crash of 2008/2009



Borrowing to invest is a risky strategy. ISTOCK IMAGES

stocks righted themselves by early 2013. The worst period for the U.S. market was 2000 to 2010 with a minus 3 per cent return for the Dow Jones.

Specific investments, however, including any given mutual fund, can be a 10-year pooch. But if you are only getting a 75 per cent capital guar-

antee and paying for it through elevated mutual fund fees for 10 years, you have to have one terrible fund plus a bad market in order for the guarantee to be

worthwhile.

Back to Martin. Not including borrowing costs, his funds are worth \$17,000 less than he paid for them in 2002. Not

only that but he has considerable duplication in his holdings with two each of balanced, Canadian and global equity funds.

This advisor also persuaded Martin to buy shares of Research in Motion. He's actually made a few dollars here but this was a pure gamble. Borrowing to invest is a risky strategy even if the investments are sound. Buying a single, volatile stock such as RIM is also hugely risky.

Martin's best course of action is to make a complaint to the firm first. His Know Your Client form should indicate level of knowledge and risk tolerance. I'm betting he indicated both were low. Two other complaint venues are the Investment Industry Regulatory Organization of Canada (IIROC) and the office of the Banking and Investment Ombudsman.

Martin's portfolio does not match his situation or temperament and I am hoping he gets some compensation for this terrible advice.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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Hold the phone: there's a new way to pay for your coffee

Whether it's buying morning coffee, getting a haircut or purchasing movie tickets, consumers want greater flexibility in paying for goods and services.

The number of credit and debit card transactions continues to increase, however payment with a physical card may soon be a thing of the past. In a connected world where smartphone and tablet usage continues to rise, this presents a shift in the way traditional payments are being accepted.

According to Pivotal Payments, one of Canada's leading payment processing companies, businesses both big and small can have a competitive edge by offering mobile payment options that are flexible and cater to their customers' changing needs.

"We've seen rapid growth of mobile payment applications due to the solution's affordability, security and universality," said Shaun McDonald, vice president of product and project management at Pivotal



The physical card may soon be a thing of the past with more people using mobile wallets. ISTOCK IMAGES

Payments. "Mobile payments allow merchants traditionally unwilling to accept credit cards to expand their payment options."

With the use of a small card reader, merchants owning an iPhone, Android or BlackBerry device can easily accept credit cards at a relatively low cost. Some see this as a stop-gap between the use of physical credit cards and mobile wallets.

In the case of mobile wallets,

a consumer's own smartphone becomes the payment source, with an application that stores their credit card information.

As consumer behaviour evolves and accepts these new technologies, it will usher in a new era of payment processing where an actual credit card may not necessarily be required to make what we now consider a credit card purchase.

NEWS CANADA

USE TOGETHER, AND
WHITEN YOUR SMILE
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THINK OF IT AS MONDAY, TUESDAY, WHITEDAY.

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Boston's Brad Marchand scores a first-period goal on the Penguins' Tomas Vokoun on Monday night in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

Pitt of despair: Pens plummet at home

NHL playoffs. Feisty Bruins winger Marchand leads Boston's march past Penguins in Game 2

Boston strong indeed.

Brad Marchand scored twice during a four-goal first period and the Boston Bruins routed the Pittsburgh Penguins 6-1 in Game 2 of the Eastern Conference final on Monday night.

David Krejci, Nathan Horton, Patrice Bergeron and Johnny Boychuk also scored for Boston, which hardly

On Monday	
6	1
Bruins	Penguins

broke a sweat while going up 2-0 in the best-of-seven series. Tuukka Rask kept Sidney Crosby and the rest of the NHL's top offence in check once again, stopping 26 shots. Game 3 is Wednesday night in Boston.

Brandon Sutter netted

Pittsburgh's lone goal. Tomas Vokoun gave up three first-period goals on 12 shots before being replaced by Marc-Andre Fleury.

The move did little to blunt the momentum in what has quickly become a one-sided series. Boston held Pittsburgh's top-ranked power play scoreless for the second straight game, and the Bruins looked like the team marked as the Stanley Cup favourites, not the star-laden Penguins.

Boston insisted it was fortunate to escape Game 1 with a 3-0 victory, saying a couple of bounces could have changed the course of the

game dramatically.

The Penguins blamed their choppy play, including a rare fight by Evgeni Malkin, on an eight-day layoff, stressing there was no need to panic.

Might be time to start now.

The last 16 teams to go up 2-0 in the conference finals have advanced to the Cup finals. The Penguins managed to escape a 2-0 hole against the Bruins in 1991 on their way to the franchise's first championship.

These days Mario Lemieux is relegated to watching from the owner's box. At the moment, the view isn't pretty.

THE ASSOCIATED PRESS

French Open

Sharapova sends Stephens packing

Defending champion Maria Sharapova returned to the French Open quarter-finals by beating 17th-seeded Sloane Stephens of the United States 6-4, 6-3 on Monday.

The second-seeded Sharapova handled Stephens' strong serve well, accumulating 12 break points and converting four.

THE ASSOCIATED PRESS

Jim Kelly

Bills Hall of Famer battling cancer

Buffalo Bills Hall of Fame quarterback Jim Kelly says he has been diagnosed with cancer in his upper jaw bone and will have surgery on June 7.

Kelly is suffering from squamous cell carcinoma, but he has recently undergone tests to show that the cancer is isolated in his jaw and has not spread to other parts of his body.

THE ASSOCIATED PRESS

NBA

Kidd retires as one of hoops' top court generals

Jason Kidd retired Monday from the NBA after 19 seasons, ending one of the greatest careers for a point guard in league history.

Kidd won an NBA title and two Olympic gold medals, is second on the career list in assists and steals, and was a 10-time all-star. But he struggled in the playoffs for the Knicks this season shortly after turning 40 and decided to walk away.

THE ASSOCIATED PRESS

King James reigns on Pacers' parade



LeBron James drives past Paul George during Game 7. THE ASSOCIATED PRESS

Their season, their legacy, their reign atop the NBA was all at stake, and the Miami Heat responded in a manner befitting defending champions — with a blowout.

LeBron James scored 32 points and grabbed eight rebounds, ailing Dwyane Wade matched his post-season high with 21 points, and the Heat ran away from the Indiana Pacers 99-76 in Game 7 of the Eastern Conference final on Monday night.

The Heat will play the San

On Monday	
99	76
Heat	Pacers

Antonio Spurs for the NBA title in a series that starts Thursday in Miami.

Miami led by as many as 28 points, a shocking amount

for a series that had an aggregate score of Heat 569, Pacers 564 entering Monday night. The Heat actually trailed by six in the early going, were still down 21-19 after the first quarter and it was starting to look like it was going to be one of those down-to-the-wire nights.

Not even close.

Miami earned its 78th victory of the season, matching the 11th-best, single-season total in NBA history.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Your head will rule your heart today, but in a good way. Facts and figures are of the utmost importance, so make sure you know what's going on and what it might mean to your long-term plans.

Taurus

April 21 - May 21

There are times when it all seems to come together and this is one of them. Today's Mercury-Saturn link will clarify what before may have seemed confusing.

Gemini

May 22 - June 21

This is potentially one of the best times of the year for you and the closer you get to Saturday's new moon, the more you will follow your instincts and the happier you will be. Have fun.

Cancer

June 22 - July 23

Something you visualize today can be more than just an idle daydream. It could turn out to be enjoyable and lucrative if you're motivated to make it happen. Get up and get to it.

Leo

July 24 - Aug. 23

You may not want to seem mean, but if you give loved ones everything they ask for today, you may have nothing left for yourself. And if you're not happy, how can those around you be happy?

Virgo

Aug. 24 - Sept. 23

Go out of your way to be nice to people today, even though they may not always be nice to you. Someone in a position of power will be impressed by your ability to get along.

Libra

Sept. 24 - Oct. 23

Something you see or hear over the next few days will open your mind to the fact that the world is a bigger and more interesting place than you thought. Now all you need are some bigger goals.

Scorpio

Oct. 24 - Nov. 22

You may be a no-nonsense Scorpio but there is a kinder side to your nature that only those who know you well get to see. Try letting a few more people in on the secret today.

Sagittarius

Nov. 23 - Dec. 21

You may think you can do it alone but life will be so much easier if you have others by your side. What you most need today is someone with the patience to handle negotiations and read the small print.

Capricorn

Dec. 22 - Jan. 20

Do what you think is right, even if everyone around you seems to think it is wrong. If you follow your conscience today, it's unlikely you will stray far from the righteous path.

Aquarius

Jan. 21 - Feb. 19

Over the next few days, the right thing will happen at just the right time and those fears that have been invading your thoughts will just fade away. The upcoming new moon will give your confidence a boost.

Pisces

Feb. 20 - March 20

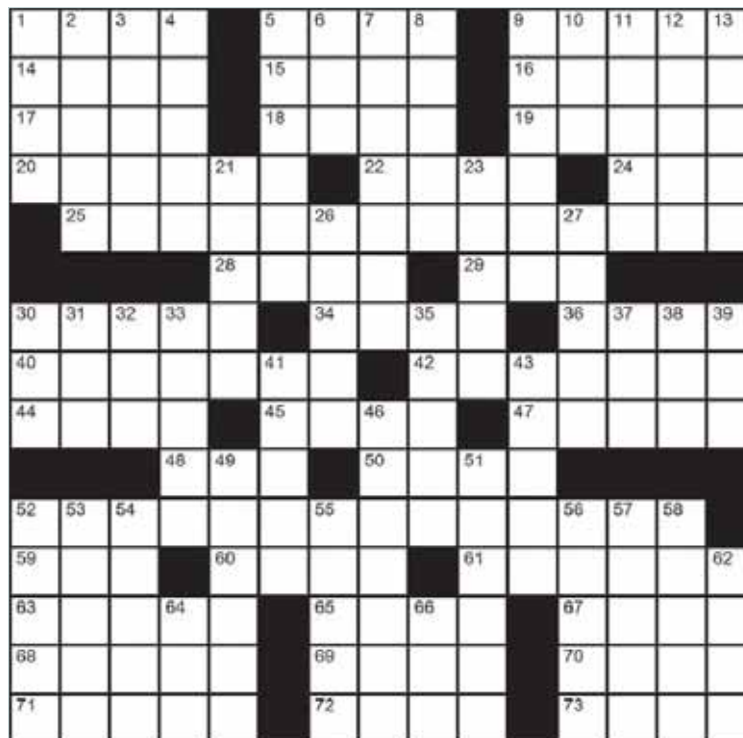
You don't have to give away all your worldly goods but you do have to do something to help people who are suffering in some way. Involve yourself in a bigger cause.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Bird for Hans Christian Andersen
5. Univ. teacher
9. Radiohead hit
14. Robin Cook's thrilling book
15. Since, to Robert Burns
16. TV feed's sound
17. In the crowd
18. Himalayas hairy humanoid
19. "Love, ___ O'er Me" by The Who
20. Early-'90s Canadian comedy series, "___ Mansion"
22. Like fine wine
24. Definite article
25. Aurora Borealis: 2 wds.
28. Arias, e.g.
29. Muck
30. Severus ___ (Character in 'Harry Potter' books)
34. Smidgen
36. Borscht ingredient
40. Keep ___ of the latest news
42. Set up
44. Gestures of affection for dogs
45. Bird beaks
47. Supplement: 2 wds.
48. Universal principle
50. Library verb
52. Gig for David Beckham: 2 wds.
59. For each
60. Manitoba community, ___ Lake



61. Tooth topping
63. Period
65. Seaport of Yemen
67. 6th Greek alphabet letter
68. Maiden name of Dixie Chicks member Emily Robison
69. Mr. Bridges
70. Mr. Stoltz

71. Edible seaweed
72. Biblical grandson
73. Unit of force

Down

1. Rip off
2. Shania Twain album: 'The ___ in Me'
3. ___ acid
4. Rock bottom

5. Hitchcock horror
6. Seedy sandwich selection
7. Toronto's locale
8. Fake
9. Fitness routine component
10. Ms. McClanahan
11. Ms. Wharton of books

12. "___ Is Enough" (Old TV series)
13. Cornmeal breads
21. Sailor's status: 2 wds.
23. British composer of 'Pomp and Circumstance' marches, Sir Edward ___ (b.1857 - d.1934)

26. Upper crust
27. Spoil, as food: 2 wds.
30. Deplete, as energy
31. NFL, NHL ...and what else?
32. Mr. Linkletter
33. Plague, in Paris
35. Electroshock-er
37. "Howards ___" (1992)
38. Alter ___
39. British band, ___ Years After
41. ___ Owl
43. Inert gas
46. Manitoba city
49. Actress Ms. Dahl
51. Makes right
52. Hiked, as prices
53. Kind of jacket
54. Southern ___, as per accents
55. Related maternally
56. Groggy
57. Manicurist's tool, ___ board
58. Accept, as to a club: 2 wds.
62. Dainty fabric
64. Paris to Nicky, for short
66. Tokyo, formerly

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 21°
MIN: 10°

WEDNESDAY



MAX: 24°
MIN: 11°

THURSDAY



MAX: 20°
MIN: 7°



MICHELE MCDUGALL WEATHER SPECIALIST

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11315 104th Ave. NW

Malls

Bonnie Doon Shopping Centre
Edmonton City Centre
Kingsway Garden Mall
Londonderry Mall
Millwoods Town Centre
Northgate Shopping Centre
South Edmonton Common
Southgate Centre
West Edmonton Mall

West End

9935 170th St. NW
10429 178th St. NW
14220 Yellowhead Trail NW
14903 118th Ave. NW

North

9410 137th Ave. NW
9624 165th Ave. NW
10642 82nd Ave. NW
12714 137th Ave. NW

South

1916 99th St. NW
1934 38th Ave. NW
4515 Gateway Blvd.
4909 99th St. NW
5912 104th St. NW
8710 51st Ave. NW
9518 Ellerslie Rd. SW
10309 34th Ave. NW
13034 50th St. NW

Leduc

5311 Discovery Way
5906 50th St.

Morinville

9918 100th St.

St. Albert

St. Albert Centre
20 Muir Dr.

Sherwood Park

Sherwood Park Mall
971 Ordze Rd.
975 Broadmoor Blvd.

Spruce Grove

Westland Market Mall
96 Campsite Rd.
141 Century Crossing

Fort Saskatchewan

8701 94th St.
9914 103rd St.

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